

ABSTRACT OF THE DISCLOSURE

A demodulation method, and apparatus, for reproducing data from a received signal. The demodulation method includes the steps of: receiving a signal including a series of frames each containing a training signal for automatic equalization processing and a data signal; controlling an amplitude of the received signal by AGC processing so as to make the amplitude a predetermined level; conducting demodulation processing on the signal subjected to the AGC processing; periodically conducting automatic equalization processing so as to adapt the modulated signal to characteristics of the signal transmission path based on each training signal of the frame; and setting values of a time constant of the AGC processing and an update repetition period of the automatic equalization processing so as to satisfy a predetermined relation.